



**JUNIPER SPRINGS**  
— SENIOR LIVING —

# Brain Power™ Nutrition Boost

Using a nutrition extractor allows you to retain roughage and nutrition, and to add fruits and vegetables to your nutrition boost that are not juiced, such as bananas and avocado.

## Anti-Oxidant Blast!

Enjoy this fruity Blast in the morning or as a midday snack to give your body a healthy dose of antioxidants! Antioxidants, such as vitamin C and carotenoids, are your body's first line of defense against diseases. They rid the body of harmful free radicals that damage cells and cause cancers.

- 1 cup washed spinach
- 1 banana
- 1 cup blueberries
- ½ cup mango
- 1 teaspoon cacao
- ¼ teaspoon cinnamon
- 1 cup unsweetened almond milk

## The Immune Booster

Keep healthy even during the flu season with this delicious elixir packed with antioxidant goodness.

- 1 -1 2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup pineapple
- 1 handful of blueberries
- 1 cup cocoanut water or almond or cashew milk.

## Protein Powerhouse

Packed full of protein, this super satisfying blend keeps you energized for hours.

- 2 handfuls spring greens
- 1 avocado
- 1 cup raspberries
- 1 orange
- 1 cup mango
- 1/8 cup cashews
- 1 cup unsweetened almond or cashew milk

## Longevity Elixir

Feel the years disappear with this light and snappy blend

- 2 handfuls romaine
- 1 avocado
- 1 cucumber
- 1 cup cantaloupe
- ¼ cup cashews
- 1 mint leaf
- 1 cup cashew or almond milk unsweetened

## Fountain of Youth

Feel years younger by enjoying this delicious blend

- 2 handfuls of rinsed spinach
- 1 cup seedless red grapes
- 1 banana
- 1 cup of strawberries
- 1/8 cup of almonds
- 1 cup cocoanut water or unsweetened almond milk